



Group Session 5

| | |
|---|---|
| Key Behavioral Strategies | <ul style="list-style-type: none"> ■ Adapting healthy eating patterns ■ Eating appropriate portion sizes |
| Participant Behavioral Strategies | <p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> ■ Keep food and activity records and look up calories for 3-4 days. ■ Evaluate progress on short-term goals and action plans. Make modification if appropriate. |
| Process Objectives & Session Content | <ul style="list-style-type: none"> ■ Distribute and discuss personalized feedback graphs ■ Discuss and practice designing healthy breakfast meals |
| Handouts | <ul style="list-style-type: none"> ■ Making Changes for a Healthier You ■ Serving Size Wallet Card ■ What's On Your Plate? ■ Quick and Easy Breakfast Ideas ■ Building a Healthy Breakfast ■ New Leaf Module Handouts: "Read the Label" and "How Much Can I Eat?" [Also refer participants to "Shifting the Calorie Balance", but do not cover in this session.] ■ Little Changes Can Make a Big Difference ■ My Action Plan for the Week ■ Food and Fitness Diary (FFD) ■ Recipe: Tutti Fruiti Smoothie, Kashi muffins |
| Other Materials | <ul style="list-style-type: none"> ■ Personal Feedback Reports ■ Calorie Counter Booklets http://www.calorieking.com |
| Topics/Agenda (2 hours) | <p>CHECK-IN ~30 MINUTES Discuss concerns, questions and progress from the previous week</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~45 MINUTES Importance of planning ahead for meals Breakfast foods activity</p> <p>TASTE IT! ~30 MINUTES</p> <p>NEXT STEPS ~15 MINUTES Try new pattern at breakfast Physical activity plan What to expect next week</p> |



I. Check-In: Are you on target for Weight Loss?

- Introduce and distribute the Personal Feedback Reports (PFR) to participants
- Explain graphs and what they show
- Use the PFR for participants to reflect on current status compared to target (**Distribute “Making Changes for a Healthier You” worksheet to assist in reflection**)
- Ask participants for feedback about what they see
- Encourage participants to keep records, the more records they keep (and turn in) the more complete their PFR will be

~ 30 minutes

■ **Check- In**

Sample discussion approach:

*We have been meeting for over a month now and it is time to give you your personal feedback reports or PFRs to help you assess your progress-to-date. Looking at your personal reports can help you see how close you are to meeting the final weight loss goal. We will do this every 4 weeks. The first “weight loss target” is 3 pounds. Your personal target may be different than ours. Take a moment to look at your report. We are also going to pass around a worksheet so that you can jot down notes. (Distribute **Making Changes for a Healthier You**)*

What are some impressions about your graph? What is it telling you? In what direction would you like to see your (weight, exercise minutes etc.) graphs going? How might you go about it? What relationship does this graph have with the records you kept from Group Session #2? How are you doing? What is working? What isn't working? What is getting in the way? Based on what you see on your report, what might you do differently this week?

Let's look at the numbers placed on the wall of this room. 'One' means you feel very good about your progress so far, up to '10' meaning that you are not very pleased with your progress. Please stand along the wall with the number that best fits how you feel about your progress. Please share with the group your feelings about your progress and why you selected your number?

Your next “weight loss target” is 6 pounds, 4 weeks from now. We will print another PFR for you to review at Group Session #10. That gives you 4 weeks to reach our suggested goal of 6 pounds or your own personal target. Some of you may already be there. What things have you done to be successful? Can you share helpful tips with the group?

Your Notes:



II. Try It

- Comparing serving size to portion size (“**Serving Size Wallet**”)
- Reading labels
- Finding ways to eat fewer calories (“**Little Changes can Make a Big Difference**”)

~45 minutes

1. Comparing serving size to portion size

- Discuss the difference between a serving size and portion size
- Give examples and illustrate different serving sizes for different foods

Sample Discussion Approach:

A few weeks ago we talked about ways to reduce calories in our diet. Can someone tell me the 3 ways we can eat less calories? As we talked about, eating smaller portions can help. Has anyone been successful at eating smaller amounts? Can you give us an example?

Today, we want to look at serving sizes for many of the foods that you are eating. This will help you as you begin to look up foods in the calorie counter. Also, you will see that the amounts of most of the food that we eat are really more than one serving. For instance, how many servings do you think is in a big grab bag of potato chips? Even though this is packaged like it is to be consumed at one sitting, there are actually two servings. What about a chicken breast or a hamburger patty? Does anyone know the size of a serving of meat? It is about the size of a deck of cards. Now come up and fill these plates and bowls with the amount of rice, pasta and cereal that you would normally eat at home. Now, use these measuring tools to see how much you have on your plate/in your bowl. Keep in mind that a serving of grains is ½ cup (cooked).

*Sometimes it is easier to think of serving size as everyday objects such as a deck of cards or pair of dice. (Distribute **Serving Size wallet cards** and review; also refer to New Leaf handouts “Read the Label” and “How Much Can I Eat?”). Here is a card that will help determine how much you are eating. This way, you can more accurately look up how many calories are in the food we eat.*

2. Reading labels

- Review the Read the Label worksheet in New Leaf

Your Notes

- Have participants calculate the calories from packages brought in by the class

Sample discussion approach:

Another way to know how many calories you are eating is to read the labels. However, it can be a little tricky to make sure you count all the calories. Let's take the Big Grab Bag of Baked Lay's. If we look at the back, we see total calories of 110. So, we will just eat this bag and write down Baked Lay's 110 calories, right? Wrong. Remember we said that this was two servings per package. Therefore, we need to add $110 + 110$ calories, or 220 calories. (Refer to New Leaf handout "Read the Label"). Let's look at some of the other components here on the labels. We can tell how many calories, servings per package, how much fat and the type of fat, how much protein, how many grams of fiber, how much sodium, and so forth.

*What does the label tell us about **total fat**? What role does fat have in health and weight loss? You will see that the recommendation on the label is for total fat to be 30% of calories. Here's what we know now about fat and weight loss.*

- *You don't have to limit your total fat to 30%. You can lose weight with higher levels of fat **so long as you don't go over your calorie limit for weight loss.***
- *Not all fats are bad. There are healthy fats (like those in fish, vegetable oils and nuts) and others that should be avoided (like saturated and trans fats). See the "Know Your Fats" handout in your New Leaf manual for more information.*

*What about **sodium**? How much sodium should we consume? For healthy adults, the recommendation is no more than 2300 milligrams per day. For others, the recommended amount varies. Most people exceed this amount on a daily basis as most of the food we eat has a tremendous amount of salt added. Reading labels can help us identify exactly how much a product has and perhaps persuade us to choose a*

product with less sodium.

On the other hand, fiber is something that most individuals need to increase in their diet. It is recommended that we get 25–30 grams of fiber a day to help prevent diseases, keep our gut working properly and best of all help keep our stomachs feeling full. Fiber is primarily found in fruits, vegetables and whole grains including apples, beans, broccoli, brown rice and oatmeal.

Now let's look at the packages you brought in. How many calories are in a serving? How many servings in a package? How many total fat grams in a serving? What about saturated fat, trans fat, fiber, and sodium? (Consider breaking into groups).

3. Finding ways to eat fewer calories

- Practice looking up calories in your calorie counter
- Demonstrate how eating less can save calories through **“Little Changes Can Make a Big Difference”**

Sample discussion approach:

*We have talked a lot about ways to eat less calories. Now, we are going to practice looking some foods up in the calorie counter and see just how many calories you can save. (Distribute **Little Changes Can Make a Big Difference** and break up into groups to work on; share results as a class and then have groups come up with other ways to save calories or develop other meals that they may be more likely to eat.) See if you can come up with other ways to save calories or pick another favorite restaurant and create a 400-calorie meal.*

III. Taste It



THEME: Quick Breakfast Ideas

- Discuss the importance of eating breakfast
- Discuss what foods could be eaten in the morning. *What are some healthy breakfast choices?*
- Discuss how to incorporate breakfast into a daily meal plan.
- Hand out the **Quick and Easy Breakfast Ideas**
- Use the Food and Fitness Diary to look at typical breakfast patterns over past week.

Sample discussion approach:

Eating breakfast on a regular basis has been shown to be one of 4 behaviors associated with long term weight loss. So we encourage you to consider making breakfast part of your day. What do you think of this recommendation? How many of you eat breakfast? How many of you are willing to begin eating breakfast? What are some barriers?

*Time is likely one of the biggest challenges. For many of us, it is difficult enough to get ourselves and our family members up, dressed and out the door. Finding the time to eat breakfast can be difficult. However, if we can plan ahead, it becomes a little easier. For instance, we could prepare the breakfast the night before. We could eat at work. Although not desirable, we could eat it on the road. I am going to distribute this worksheet, "**Quick and Easy Breakfast Ideas.**" What are some other quick breakfast options?*

If you look in your diaries, can you see any eating patterns that may be related to whether or not you have breakfast? Do you tend to eat more on the days you skip breakfast? What is your general mood on those days when you eat breakfast? When you skip breakfast? For those of you who ate breakfast, how many had a well-balanced, healthy meal?

Now, let's see if we can build a healthier breakfast. We will have a chance today to make and try some quick breakfast items. A typical breakfast should be well-balanced. This means we have something from the dairy and/or meat group, servings from the grain group, fruit and vegetable group, and some added fat.

*When we start to cut back on our calories it's important to have a balance of the food groups while also choosing foods that help us **feel full, satisfied** and our meal **stays with us until the next.** Also, for*

Your Notes

*most of us, a good breakfast is around 400 calories. Here is a worksheet that will help you. (Distribute **Building a Healthy Breakfast**).*

*Let's break up into groups and each group come up with **3 different healthy breakfast meals**. For each of the breakfast options please look at what these choices offer in terms of fat, protein, fiber, and calories. [Facilitator: please discuss how each of these items has a balance of fiber, fat, protein and meets the calorie range. Review tips on back of sheet] All of these breakfasts are healthy options that will make us feel full while staying within our calorie range. We will share them as a group after you've had a chance to make another quick breakfast item (smoothies). **Keep the same groups for the smoothie activity and have each group try the Peanut butter on apple slices and the muffins.***

Breakfast Quick Meals Activity: *If time is limited, this activity may be done as 1 large group (with a few participants demonstrating how to use the stick blender to mix ingredients).*

Materials/Equipment:

1. Stick blender
2. Canned, fresh or frozen fruit
3. Crushed ice
4. Fruit juice
5. Low-fat yogurt
6. Mixing container/cup
7. Measuring cups/spoons
8. Small cups (for tasting)
9. Recipe for smoothies

Activity Description:

1. Each small group will select one of the smoothie recipes to prepare. NOTE: non-fat dried milk is another way to add a dairy product without the added fat.
2. Serve smoothie in small cups.

IV. Next Steps



- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week

~ 15 minutes

3. Sample muffin and Peanut butter on apple slices.

*NOTE: Remind the group to add foods to food record
Discuss in a large group the ideas for quick breakfast meals (from the "Building a Healthy Breakfast" sheet and sampled breakfast items). How many people think that they now can incorporate a quick, easy, healthy breakfast into their diet? What did you like? What would you try?*

1. Action Plan for the Week

Participants write a weekly action plan (handout "My Action Plan for the Week") in at least the following areas:

- Eating more fruits and vegetables
- Physical activity
- Participant choice

Sample discussion approach:

As you think about your goals this week, think about your progress report. Are you making the progress you want? Are there other things you can do that may help you lose more weight? Are there things that are getting in your way?

Also this week, we talked about getting more fiber in our diet. Fruits and vegetables are good ways to get more fiber. For goal one, think about ways you can eat more fruits and vegetables. Can someone share an idea with us?

2. Tracking (Self-Monitoring)

The recommended tracking for the week is:

- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days

-
- c. Keep track of servings of fruits and vegetables each day
 - d. Write down the minutes of exercise

3. What to expect next week

- Bring your food records for discussion at next session
 - Bring walking shoes and comfortable clothes for exercise next week
-

Making Changes for a Healthier You



I have made these changes in my activity level.

I have made these changes in my eating habits.

I can make these extra changes to help me lose weight.

Agenda for Session #5



What's On Your Plate?

Breads, Cereals, Rice and Pasta

| | |
|---------------------------------------|--------------------|
| 1 cup of cooked potatoes, rice, pasta | Tennis ball |
| ½ cooked potatoes, rice, pasta | Cupcake wrapper |
| 1 cup of pasta, spaghetti, cereal | Medium Fist |
| 1 piece of cornbread | Bar of soap |
| 1 slice of bread | Audiocassette tape |
| 1 pancake | Compact disc (CD) |

Vegetables

| | |
|--------------------------|--|
| 1 cup of green salad | Baseball or medium fist |
| 1/2 cup of cooked greens | Cupcake wrapper |
| ½ cup cooked broccoli | Light Bulb |
| ½ cup serving | 6 asparagus spears, 7-8 baby carrots or 1 ear of corn |

Fruit

| | |
|------------------------------|-------------------------|
| ½ cup of grapes | Light bulb or 15 grapes |
| ½ cup of fresh fruit | 7 cotton balls |
| 1 medium size of fresh fruit | Tennis ball or fist |
| 1 cup of cut up fruit | Medium size fist |
| ¼ cup of raisins | One large egg |
| 1 cup juice | Small Styrofoam cup |

Meat, Chicken, Turkey, Fish, Dry Beans, Eggs & Nuts

| | |
|--|-------------------------------|
| 3 ounces of cooked meat, fish, poultry | Palm of hand or deck of cards |
| 3 ounces of grilled or baked fish | Checkbook |
| 3 ounces of cooked chicken | A leg AND a thigh OR a breast |
| 1 cup of cooked beans | Medium size fist |
| 2 tablespoons peanut butter | Ping-pong ball |
| 2 scrambled eggs | Palm of hand |
| ¼ cup of nuts | 1 small handful |

Milk, Yogurt and Cheese

| | |
|--------------------|---------------------|
| 1 ounce of cheese | A pair of dice |
| 1 cup of ice cream | Baseball size scoop |

Fats, Oils & Sweets

| | |
|------------------------------|---|
| 1 teaspoon butter, margarine | Size of a stamp and thickness of your finger |
| 2 tablespoons salad dressing | Ping-pong ball |

Snack Food

| | |
|---|---------------------|
| 1 ounce of chips or pretzels | Two handfuls |
| ½ cup of potato chips, crackers, popcorn | One man's handful |
| 1/3 cup of potato chips, crackers, popcorn | One woman's handful |

Little Changes Can Make a Big Difference

Ms. Jones is meeting Ms. Smith for lunch at a popular fast food restaurant. She has been working hard to lose weight. She knows that the calories in the food she eats are a very important piece of any weight loss program.

Ms. Jones has learned that choosing foods lower in calories, eating smaller amounts of food and eating more fruits and vegetables can help her lose the weight. Ms. Smith

actually needs to lose some weight, but is not willing to make changes in her diet just yet.



Let's compare Ms. Jones' and Ms. Smith's choices and see how the calories compare.

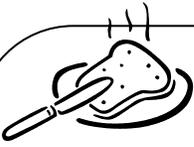
Ms. Smith

| | Calories |
|---------------------|----------|
| Fried fish sandwich | |
| Large French fries | |
| Fried apple pie | |
| Small milkshake | |
| Small soda | |
| TOTAL | |

Ms. Jones

| | Calories |
|--|----------|
| Grilled chicken sandwich | |
| Small French fries | |
| Side salad with reduced calorie dressing | |
| Fresh apple | |
| Medium diet soda | |
| TOTAL | |

Quick & Easy Breakfast Ideas



300 Calories

- One Whole-Wheat English muffin with one egg and a small glass of orange juice. Crack egg in microwavable bowl, prick with fork and cook for 45 seconds to 1 minute to desired consistency
- A hardboiled egg with 1 piece of whole wheat toast and small glass of apple juice
- ½ cup of reduced fat cottage cheese with 6-8 whole wheat crackers (such as Triscuits) and apple slices
- Halved apple with 1 tbsp of peanut butter and small glass of 1% or skim milk

350 Calories



- One cup of whole grain cereal (such as Cheerios) with 4-5 sliced almonds or walnuts with 1/2 cup of 1% or skim milk
- Granola bar (4-5 grams of fiber about 150 calories) with ½ cup of 1% or skim milk and piece of fruit with 1 t. of nut butter
- Graham crackers (2 sheets) with ½ cup applesauce and a small handful of nuts



400 Calories

- One frozen waffle with 1 tbsp of peanut butter & ½ of a small sliced apple or banana and small glass of 1% or skim milk
- One cup of yogurt with ½ cup of granola and a piece of fruit
- One cup of plain oatmeal with a small handful of nuts (your choice) and a small handful of raisins or other dried fruit (add a little honey for a sweeter taste)

Building a Healthy Breakfast



Choose one from each group to create a healthy breakfast



GRAINS

| | | | |
|---|---|---|---|
| <input type="checkbox"/> Bran Flakes 1 c = 98 kcal | <input type="checkbox"/> Grape Nuts 1/4 c = 116 kcal | <input type="checkbox"/> Low fat granola ¼ c = 95 kcal | <input type="checkbox"/> Whole wheat toast 2 slices = 120 kcal |
| <input type="checkbox"/> Cheerios 1 c = 110 kcal | <input type="checkbox"/> Fiber One 1 c = 117 kcal | <input type="checkbox"/> Grits 1 c = 111 kcal | <input type="checkbox"/> Raisin Bread 1½ slices = 106 kcal |
| <input type="checkbox"/> Wheaties 1c = 100kcal | <input type="checkbox"/> Whole Wheat English Muffin 1 = 118 kcal | <input type="checkbox"/> Cream of Wheat 1 c = 110 kcal | <input type="checkbox"/> Oatmeal 1/2 cup = 130 kcal |



DAIRY

| | | | |
|--|---|--|--|
| <input type="checkbox"/> Skim milk 1 c = 90 kcal | <input type="checkbox"/> 1% milk 1 c = 102 kcal | <input type="checkbox"/> Low fat cottage cheese ½ c = 82 kcal | <input type="checkbox"/> Soy milk 1 cup = 80 kcal |
| <input type="checkbox"/> Fat free yogurt 8 oz = 90 kcal | <input type="checkbox"/> Low fat cheddar cheese 1 oz = 90 kcal | <input type="checkbox"/> Fat free cheddar cheese 2 oz = 90 kcal | <input type="checkbox"/> Cream cheese 6 T fat free = 90 or 2.5 T low fat = 86 |



FRUIT

| | | | |
|--|--|---|---|
| <input type="checkbox"/> Pear (medium) 1 = 98 kcal | <input type="checkbox"/> Raisins ¼ c = 109 kcal | <input type="checkbox"/> Orange Juice 1 c = 110 kcal | <input type="checkbox"/> Plum 2 small = 75 kcal |
| <input type="checkbox"/> Banana (medium) 1 = 110 kcal | <input type="checkbox"/> Apple (medium) 1 = 81 kcal | <input type="checkbox"/> Grapes 1½ c = 92 kcal | <input type="checkbox"/> Strawberries 2 cups = 90 kcal |



MEAT/PROTEIN

| | | | |
|---|--|---|--|
| <input type="checkbox"/> Egg, hard boiled 1 large = 75kcal | <input type="checkbox"/> Low sodium peanut butter 1 T = 95 kcal | <input type="checkbox"/> Unsalted peanuts 2 T = 106 kcal | <input type="checkbox"/> Unsalted almonds 15 = 110 kcal |
|---|--|---|--|



My Action Plan for the Week

GOAL #1: Eat more fruit and vegetables

| 3 ways to more fruit and vegetables |
|-------------------------------------|
| 1. |
| 2. |
| 3. |

GOAL #2: 30 minutes of moderate physical activity on 5 days of the week

| Day | Activity | Minutes |
|-----------|--------------|---------|
| Sunday | | |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| | TOTAL | |

GOAL #3: Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

| Things that may get in my way | How I can make sure they don't |
|-------------------------------|--------------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

GOAL #4: My other goal is:

What I need to do to reach this goal:

Next Week: Bring your food records for discussion and wear walking shoes and comfortable clothes for exercise next week

Agenda for Session #5

1 Servina Looks Like...

Grain Products

1 cup of cereal flakes = fist



1 pancake = compact disc



½ cup of cooked rice, pasta, or potato = ½ baseball

1 slice of bread = cassette



1 piece of cornbread = soap



1 Servina Looks Like...

Vegetables & Fruit

1 cup of salad = baseball

1 medium fruit = baseball



1 baked potato = fist



½ cup of fresh fruit = ½ tennis ball



¼ cup of raisins = 1 golf ball



1 Servina Looks Like...

Dairy & Cheese

1½ oz. cheese = 4 dice



½ cup of ice cream = ½ tennis ball



Fats

1 tsp. of butter = 1 dice



Nuts

1/3 cup of nuts = 1 handful

1 Servina Looks Like...

Meat and Alternatives

3 oz. of meat, fish and poultry = deck of cards



3 oz. grilled/baked fish = checkbook



2 Tbsp. peanut butter = golf ball



Kashi Friendly Fiber Muffins

1 cup whole wheat flour
2 tsp baking powder
½ tsp salt
1 ¾ cup Kashi Good Friends cereal
¾ cup skim milk, rice or soymilk
2 egg whites
¼ cup honey
¼ cup unsweetened applesauce
1 medium ripe banana, mashed



1. Preheat oven to 400°.
2. Spray muffin tins with nonstick cooking spray.
3. In a small bowl, stir together flour, baking powder, and salt. Set aside.
4. In a large bowl, combine Good Friends cereal and milk and let stand for 2-3 minutes.
5. Add the egg whites and beat well.
6. Stir in applesauce, banana, and honey.
7. Add flour mixture and mix only until dry ingredients are moistened.
8. Fill sprayed muffin tins and bake for 20-25 minutes until lightly browned.

Nutrition Information Per Serving: Calories 126 Carbohydrates 21g Cholesterol 0 mg
Protein 5g Total fat 4g Sodium 274mg

Tutti-Frutti Smoothie

1 cup sliced ripe banana
1 cup orange juice
 $\frac{3}{4}$ cup sliced peeled peaches
 $\frac{3}{4}$ cup sliced strawberries
1 tablespoon honey (or Splenda)

1. Combine all ingredients in a blender.
2. Process until smooth.
3. Makes 3 cups.



Serving Size: 1 cup

Nutrition Information Per Serving: Calories 134
Protein 2 g

Cholesterol 0 mg
Total fat 1 g Sodium 2 mg

Tutti-Frutti Smoothie

1 cup sliced ripe banana
1 cup orange juice
 $\frac{3}{4}$ cup sliced peeled peaches
 $\frac{3}{4}$ cup sliced strawberries
1 tablespoon honey (or Splenda)

1. Combine all ingredients in a blender.
2. Process until smooth.
3. Makes 3 cups.



Serving Size: 1 cup

Nutrition Information Per Serving: Calories 134
Protein 2 g

Cholesterol 0 mg
Total fat 1 g Sodium 2 mg